

# Health Homes Herald

May, 2014

Volume 1, Issue 8

Helping people live healthier lives by integrating and coordinating services and supports to treat the “whole-person” across the lifespan.

## Health Homes State Plan Amendments Have Been Submitted

Both the Chronic Conditions (CC) and the Serious Mental Illness (SMI) State Plan Amendments (SPAs) have been submitted to the Centers for Medicare and Medicaid Services (CMS) for approval!

The State Team has been busily working on the two SPAs for nearly two years and their submission to CMS represents a huge step forward in our journey to implement Health Homes in Kansas.

Though the SPAs were only recently submitted, we have been working

closely with CMS on a number of programmatic, funding, and logistical issues for a number of months now.

Given this close working relationship, we do not anticipate any difficulties with our SPA submissions.

Remember, once the two SPAs receive CMS approval, many of the Health Homes materials online will transition from “draft” to “official” documents.

These documents include the SPAs themselves, as well as

documents like the Program Manual. It is unlikely that the documents that are posted online will change greatly but please remember to always ensure that you are working with the most up-to-date materials.

We are very excited to have completed the two SPAs and look forward to reporting good news of their approval in the coming months!

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### Upcoming News and Events

- MCO Readiness Reviews — May 20-22, 2014
- HH Stakeholder Meeting — June 3rd, 2014 in Wichita

Questions?

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Phone: 1-785-296-3981

**Save the Date:** Our next Health Homes Stakeholders Meeting is scheduled for 9:30 a.m. – 3:30 p.m., Tuesday, June 3 at the WSU Hughes Metropolitan Complex located at 5015 E. 29th Street N. in Wichita. More details to be released soon!



# Consumers' Frequently Asked Questions

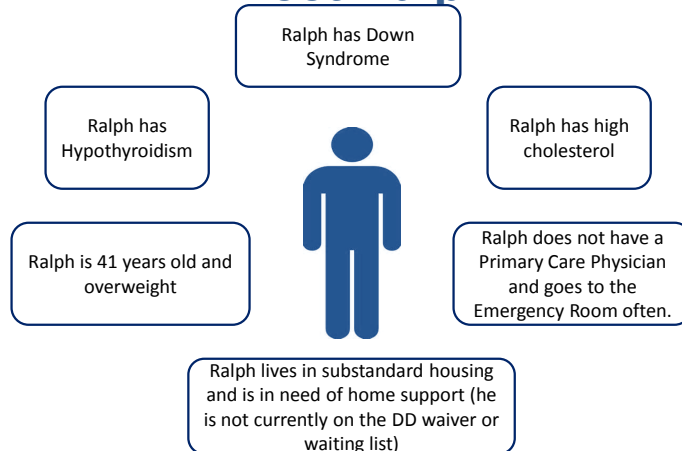
## When will I know if I am going to be in a Health Home?

Welcome Letters will be mailed out in July. These letters will tell you who your Home Partner is and where they are located. You will have a choice about whether or not to be in a Health Home. So remember to watch your mail for your Health Homes Welcome Letter and Health Home assignment!

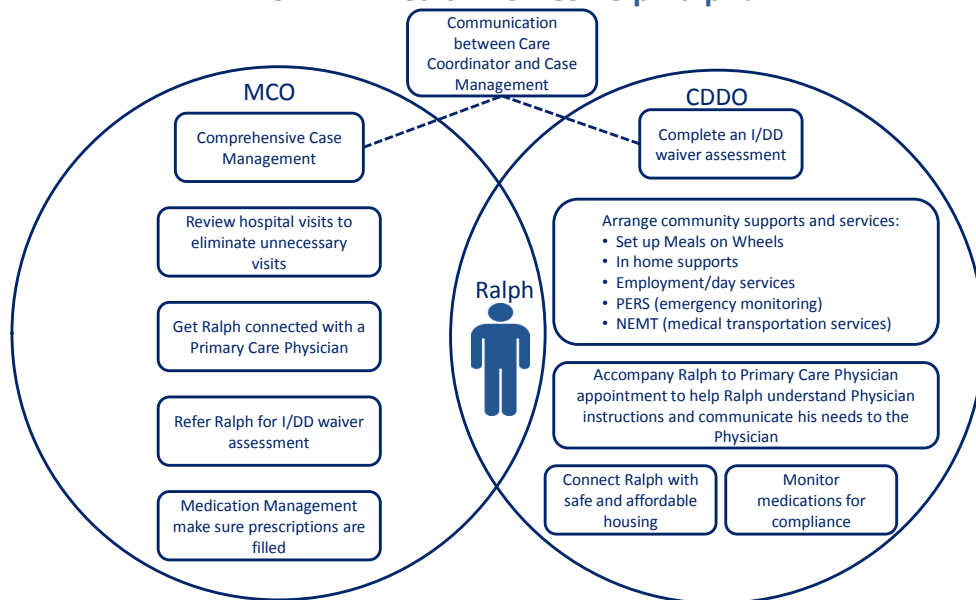
## Example Of How A Health Home Can Help

Meet Ralph. Ralph is going to help us show you how a Health Home can help meet your needs. Though this is only an example, we hope that this will help you see how Health Homes can help make your life better as well. The picture to the side shows you the many conditions that Ralph is dealing with. The picture below shows how a Health Home can make sure that all of Ralph's needs are met by working with her health care providers as well as his community support providers. This means better health for Ralph and you!

### Meet Ralph



### How will Health Homes help Ralph?



# A Note For Primary Care Providers

With the run-up to implementation fast approaching, there remains a need for increased primary care provider (PCP) participation. Though our original deadline to submit Preparedness and Planning Tools (PPTs) was April 1, 2014, we would like to encourage PCPs in particular, to continue submitting PPTs.

Submitting the PPT is your first step towards becoming a Health Home Partner. By completing the PPT you are expressing an interest in becoming involved with Health Homes and you are giving the State and the MCOs valuable information about your capacity and the resources you'd need in order to become a Health Home Partner. We look forward to working with the PCP community to make Health Homes a success in Kansas!

## Local Health Departments Provide Helpful Resources

Did you know that Kansas has a local Health Department in every one of the 105 counties in the state?

Of these:

- All have nurses and provide vaccinations, health screenings and laboratory services
- All work closely with physicians, clinics and other health providers in their counties
- All provide health education services and have diverse and extensive knowledge about the health care resources in their communities

Local Health Departments are excellent potential partners for Health Homes! Many evidence-based health promotion and chronic disease self-management resources are available in Kansas. Contact the KDHE Bureau of Health Promotion at 785-296-8916 or go to: <http://www.kdheks.gov/bhp/index.html> to learn more. You may also call the KDHE Bureau of Community Health Systems at 785-296-1200, or go to [http://www.kdheks.gov/olrh/local\\_health.html](http://www.kdheks.gov/olrh/local_health.html) to learn how local health departments can support Health Home Partnerships.

## Opportunities for Provider Discussion and Training

In April, KDHE hosted six regional meetings across the state. The meetings were attended by over 400 potential partners who learned more about the Health Homes initiative. In addition, 157 people participated in the Health Homes Webinar Series in April. The April webinars, and all previous webinars, can be found at [http://www.kancare.ks.gov/health\\_home/providers\\_webinar\\_series.htm](http://www.kancare.ks.gov/health_home/providers_webinar_series.htm).

May webinars include "Health Homes: A Member's Experience" (5/22) and "Health Promotion" (5/29). June webinars will focus on specific provider populations, including Targeted Case Management and Primary Care Providers.

If you would like to register for any of the upcoming webinars you may contact:

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# May is National Blood Pressure Education Month

May is National Blood Pressure Education Month. Blood pressure is the force of blood on the walls of your blood vessels as blood flows through them. This pressure naturally rises and falls during the day, but when it is consistently too high, it is considered high blood pressure. The medical term is hypertension.

You can have high blood pressure and not know it. That is why it is called the silent killer. The Centers for Disease Control and Prevention (CDC) reports that about 1 of 3 US adults—67 million people—have high blood pressure.

High blood pressure makes your heart work too hard and increases your risk of heart disease and stroke. This is why it is so important to have your blood pressure checked. If you know family or friends who haven't had their blood pressure checked recently, make it a point to ask them to do this month.

If you have high blood pressure, the CDC recommends these steps you can take to get it under control, including—

- **Ask your doctor what your blood pressure should be.** Set a goal to lower your

pressure with your doctor and then discuss how you can reach your goal. Work with your health care team to make sure you meet that goal.

- **Take your blood pressure medication as directed.** If you are having trouble, ask your doctor what you can do to make it easier. For example, you may want to discuss your medication schedule with your doctor if you are taking multiple drugs at different times of the day. Or you may want to discuss side effects you are feeling, or the cost of your medicine.
- **Quit smoking—and if you don't smoke, don't start.** You can find tips and resources at CDC's Smoking and Tobacco Web site or Be Tobacco Free Web site.
- **Reduce sodium.** Most Americans consume too much sodium, and it raises blood pressure in most people. Eat a healthy diet that is high in fruits and vegetables and low in sodium, saturated fats, trans fat, and cholesterol.
- **Achieve and maintain a healthy body weight.** Try participating in 30 minutes of

moderate physical activity on most days of the week.

- **Manage stress.** Too much stress is bad for your health and can actually contribute to hypertension. Though drugs or alcohol may seem to be a temporary fix for your stress, in the long run these will make your stress worse and can lead to even higher blood pressure. Instead, find support from partners, family members, friends or a doctor.
- **Make it a team effort.** If you have a family member or friend who has high blood pressure, you can help by taking many of the steps listed above with them. Go for walks together or cook meals with lower sodium. Make it a family affair!

By taking these steps and maintaining other healthy habits, you can help keep your blood pressure under control. For more information and health tips, visit the CDC website at:

<http://www.cdc.gov/>

## Questions?

If you have questions, or would like more information about Health Homes in Kansas, please contact us. Our page on the KanCare website also contains information about the Health Homes project and documents are being updated regularly.

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[http://www.kancare.ks.gov/health\\_home.htm](http://www.kancare.ks.gov/health_home.htm)

